

**MINUTES**  
**DISTRICT V**  
**AGING & NUTRITION SERVICES ADVISORY COUNCIL**  
**JANUARY 24, 2012**  
**PAROWAN, UT**

**MEMBERS IN ATTENDANCE**

Betty Baxter  
Mary Schaidt  
Millie VonRitchie  
Art Cooper  
Doug Maxwell  
Vern Kupfer  
Hazel Jean Robinson  
Tamara Atkinson  
Kaye Reese  
Sharon Ott

**REPRESENTING**

Beaver County Advisory  
Beaver County Advisory  
Beaver County Advisory  
Garfield County Advisory  
Iron County Advisory  
Iron County Advisory  
Iron County Advisory  
Washington County Advisory  
Washington County Advisory  
Washington County Advisory

**MEMBERS NOT IN ATTENDANCE**

Carma Sly  
Joyce Griffin (Excused)  
Clem Griffin, Chair (Excused)  
Lael Chynoweth (Excused)  
Judy Henrie (Excused)  
Pauline Prince (Excused)  
Arlen Grimshaw  
Roy Urie  
Wallace Gibson (Excused)  
Mary Stevens (Excused)  
Ila Mae Swapp (Excused)  
Gayle Rhode (Excused)

Beaver County Advisory  
Garfield County Advisory  
Garfield County Advisory  
Garfield County Advisory  
Garfield County Advisory  
Garfield County Advisory  
Iron County Advisory  
Iron County Advisory  
Kane County Advisory  
Kane County Advisory  
Kane County Advisory  
Washington County Advisory

**OTHERS IN ATTENDANCE**

Pam McMullin  
Jim Sly  
Fayann Christensen (voting for Ila Swapp)  
Connie Lloyd  
Christine Holliday  
Carrie Schonlaw  
Carolyn Moss

Beaver County Coordinator  
Beaver County  
Kane County Coordinator  
Iron County Coordinator  
Washington County Coordinator  
Five County Association of Governments  
Five County Association of Governments

**MINUTES  
DISTRICT V  
AGING & NUTRITION SERVICES ADVISORY COUNCIL  
JANUARY 24, 2012  
PAROWAN, UT**

**I. WELCOME AND INTRODUCTION**

Ms. Mary Schaidt, Vice Chair, conducted the meeting.

**II. MINUTES OCTOBER 18, 2011**

Mr. Mary Schaidt, Vice Chair, requested a motion to accept the minutes of October 18, 2011.

**MOTION WAS MADE BY MS. SHARON OTT TO ACCEPT THE MINUTES OF OCTOBER 18, 2011. MOTION SECONDED BY MR. ART COOPER. MOTION CARRIED UNANIMOUSLY.**

**III. LOCAL SHARING**

Ms. Mary Schaidt, Vice Chair, requested local sharing from County Coordinators.

Pam McMullin - Beaver County

Ms. McMullin introduced Ms. Betty Baxter as new member of their Aging Board. Centers are doing okay. They are looking for a new director for the Milford Center. Volunteers have been encouraged to complete their record sheets for reporting. The HEAT assistance program is helping seniors with their utility bills. They are carefully checking Meals on Wheels criteria to be in compliance with the program. She has received great comments about the book, "Navigating Your Rights", and several seniors have received copies from the State. They are working with the local banks to change their accounts to non-profit; everything seems to be in order now. The Minersville Center serves meals 3 times each week, and bingo each Thursday. About 40 attended the Bazaar and outdoor barbeque with local entertainment. The Beaver Center serves meals twice each week, with bingo, tai-chi, and pool as some of the activities offered. About 12-20 attend the weekly tai-chi class. Blood pressures and blood sugars are checked at the

monthly bingo game in Milford. In January, the County Aging board served breakfast. The annual health fair will be held in March.

#### Connie Lloyd - Iron County

Both the Cedar City and Parowan Centers had great turnout to the Thanksgiving and Christmas socials. Seniors made simple favors and were entertained by local vocal groups and the Ukelele Ladies. Traditionally for the Holiday Seasons all receiving meals receive a simple fruit snack. Pool is the hottest activity in Cedar City. The seniors are requesting an additional table. Ms. Lloyd is looking at closing in the back deck on the north side of the center and placing the table there, along with the exercise equipment; that class is growing. Ceramics are going well; tai chi classes are expanding; AARP classes provided at both centers; and volunteers from Southern Utah University help promote the centers. A 90's Club has been set up in Parowan - those over 90 receive a "free" ride on the bus; helping with those that maybe should not be driving. Emergency meals were distributed to Home Delivered residents before Thanksgiving. The Health Fair is tentatively planned for June.

#### Art Cooper - Garfield County

Due to the weather, some of the Garfield County representatives did not attend meeting. Mr. Art Cooper represented the County. He reported that he has seen an increase in those attending the Panguitch Center. The Center is a nice place for other groups to use; Veterans Day celebration hosted by the American Legion with about 70-80 in attendance; Lion's Club Thanksgiving Dinner for those without family, about 60 attended. Mr. Cooper helps deliver meals to residents of Hatch and recognizes their appreciation for this service.

#### Fayann Christensen - Kane County

##### Long Valley Center

Purchased a dishwasher and freezer from a local restaurant that was going out of business. Remodeling of the fire station, 1 bay for the Care and Share, and 1 for the center, is moving forward. Mr. Wallace Gibson has done most of the remodeling for the Care and Share and has

done a great job. They are hoping to get donated labor for the center bay and that the city will be helping with the materials. The Center hosted the Council on Aging dinner in January; additional classes added include sign language, guitar, and zumba.

#### Kanab Center

A large walk-in freezer/refrigerator and other equipment for the center have been purchased. Wii bowling continues to be a highlight at the center; other activities available on the Wii include tennis. Encouraging those who like the Wii to try new programs. A day trip to Mesquite is planned; other trips include twice monthly trips to St. George and/or Page; volunteers help with the driving. A wonderful Christmas party was hosted at the center; Long Valley 1<sup>st</sup> graders provided the entertainment. Kanab Health Fair planned for March 31, 2012 from 10 am - 2 pm. Other activities at the center include quilting, cards, mahjon, tax assistance, and an Elders Rights book signing. Ms. Christensen would like to provide more information on emergency response.

#### Big Water

Seniors in Big Water would like home delivered meals 1 or 2 times monthly, or transportation to the Kanab Center.

#### Christine Holliday - Washington County

Ms. Holliday has been working at each center and has gained great insight on the daily workings of the centers. She is making all paperwork uniform to make SAMS input easier, when others need to help.

#### Enterprise Center

New center director; hoping to have in place this week. Activities at Center include bowling with the cub scouts, an activity enjoyed by both seniors and scouts, bus trips bi-monthly to St. George, and the Iron County bus for lunch 2 times each week. Congregate meal counts have increased; have a great cook. Advisory board is getting more involved with the center and looking to add speakers to present information regarding senior concerns. HEAT program available at the center, beginning an exercise class, and hoping to add a respite group.

#### Hurricane Center

Things are going well in Hurricane. Zumba-style class is going well; pickleball is struggling.

Seniors participate in Wii programs, and each week a bus goes to St. George.

#### St. George Center

The St. George Center is running out of room. They are utilizing the dining room for zumba; a great draw for younger seniors, and pickleball. Activities at center include beginning art classes, ceramics, card games, yoga, tai chi, bingo (at all centers), AARP tax assistance, Alzheimer's respite program, and Parkinson's support group. Utilizing 3 flat-screen television sets and Wiis. Great attendance at the movie and popcorn activity. The 3<sup>rd</sup> annual Celebrating Wellness fair will be held on March 23, 2012. At last years fair, about 400 people attended. There are great people at the center and Ms. Holliday is looking at the possibility of opening the center on Mondays.

#### **IV. BY-LAWS**

- Ms. Christine Holliday read a biography of the At-large representative nominee, Ms. Christie Benton, who was not able to attend. This position is a one-year term and will be rotated among the counties. Ms. Benton is from Washington County.  
**MOTION WAS MADE BY MR. ART COOPER TO ACCEPT MS. CHRISTIE BENTON AS THE AT-LARGE REPRESENTATIVE TO THE ADVISORY COUNCIL. THE MOTION WAS SECONDED BY MS. FAYANN CHRISTENSEN. MOTION CARRIED UNANIMOUSLY.**
- Bylaws with changes approved at the last meeting were distributed.

#### **V. BUDGETS/CONTRACTS**

State Legislative Update - The State Legislature session for FY2012 has begun. The Governor's proposal has held Aging harmless from budget cuts. Ms. Carrie Schonlaw distributed information from the Utah Association of Area Agencies on Aging (U4A) with priority requests for Aging to be presented to the Legislature. They are requesting additional funding for the Meals on Wheels and in-home services.

Federal Update - The Congress has approved the FY2012 budget at the same levels as FY 2011; however, there will be a .189% cut in discretionary funds. This may impact some OAA funding.

State Budget Update - Ms. Schonlaw has been notified by the State that our contracts will be amended with some additional funding. She will work with Mr. Bob Rasmussen and notify each county of changes in budgets. She reminded those in attendance that this is one-time money.

#### **VI. NUTRITION PROGRAM**

- No information has been received on when Ms. Charlotte Vincent will be make her on-site visits to the Centers. Ms. Schonlaw will notify Coordinators when she receives that information.
- Mr. Michael Styles, Deputy Director of DAAS, will be making visits throughout the State. He has visited Garfield County and appreciated the opportunity to visit with local residents and centers.

#### **VII. OTHER BUSINESS**

- Ms. Sharon Ott, AARP, distributed information about Staying Sharp and Brain Fitness.
- Mr. Vern Kupfer requested clarification about eligibility for Meals-on-Wheels.
- Senior Day at the Legislature - Wednesday, February 1, 2012. This is a great opportunity to visit with local representatives and discuss concerns. Seniors that are unable to attend are encouraged to write letters that can be hand delivered. Lunch is provided; Ms. Schonlaw will need a count before Tuesday, January 31.
- Call for Centenarians - Statewide celebration for those that are 100!
- Information regarding 2012 Medicare Premiums, Deductibles, and Cost-Sharing Amounts was shared.
- Mr. Bob Rasmussen's Retirement - Celebration will be held on Thursday, March 29, 2012 at the Cedar City Senior Center from 2:00 - 4:00 p.m. Council members were asked to send pictures or share special antidotes to Ms. Carolyn Moss.

#### **VIII. ADJOURN**

Meeting was adjourned at 11:30 a.m. Lunch was then served at the Parowan Center.